



The Journal

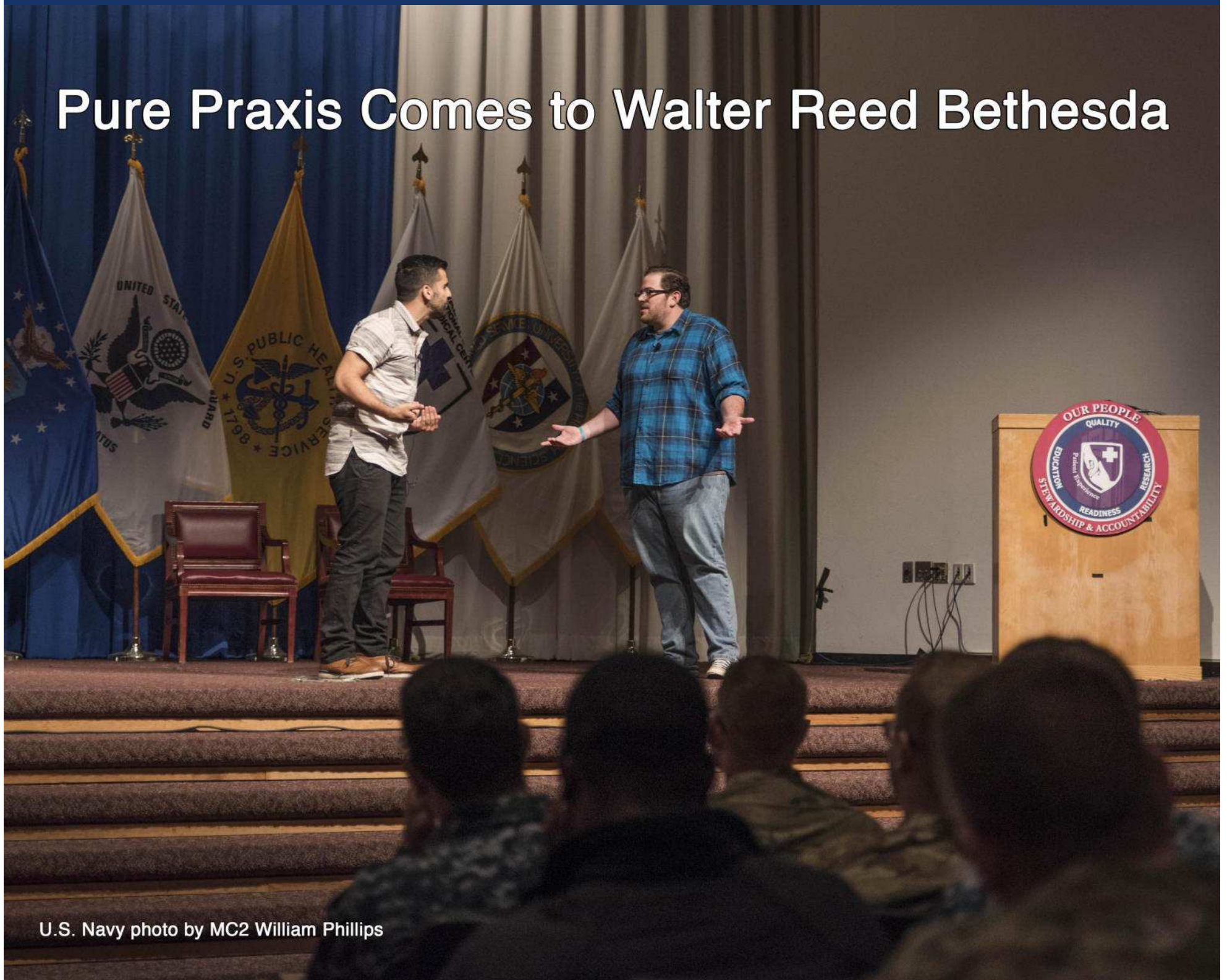
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August 3, 2017

Pure Praxis Comes to Walter Reed Bethesda



U.S. Navy photo by MC2 William Phillips



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CNP Highlights Sailor 2025 and Stresses Mentorship During NNOA Symposium

By Chief of Naval Personnel Public Affairs

The Navy’s top personnel officer highlighted Sailor 2025 and discussed other recent personnel initiatives during the annual National Naval Officers Association (NNOA) Symposium July 26.

Chief of Naval Personnel Vice Adm. Robert Burke spoke to approximately 100 conference attendees and stressed the importance of modernizing the Navy’s personnel system.

Burke said that Sailor 2025 is a living, breathing set of approximately 45 initiatives built on a framework of three pillars: a modern personnel system, a career learning continuum and career readiness.

“Just like the weapons systems we use, we are updating our personnel system to keep pace with a rapidly changing world,” Burke said. “Under Sailor 2025, we’ve instituted several initiatives that are modernizing our personnel management and training systems, empowering our Sailors, and improving the Navy’s warfighting readiness.”

During his remarks, Burke also discussed the Navy’s continuing effort to streamline and optimize all of N1’s processes.

“We are in the process of modernizing our IT infrastructure in preparation for transition to a modern, cloud-based integrated pay and personnel system,” Burke



PHOTO BY MC3 CHARLES GADDIS IV

Chief of Naval Personnel (CNP) Vice Adm. Robert Burke emphasizes the importance of the retention program during an all-hands call at the Naval Base Kitsap Bremerton gym June 22. Burke spoke to Sailors about the upcoming changes in the Navy and how the changes can affect Sailors for the better.

said. “This will allow Sailors to conduct all manner of personnel issues, from pay and leave, to interactions with detailers, via modern, easily-accessible and simple to use programs that work on a personal mobile device.”

Burke also challenged the conference attendees to take what they learn at the national symposium and mentor Sailors in their local area.

“Actively being involved in your local chapters and mentoring other Sailors will help produce leaders and teams who achieve their maximum performance, maintain high standards, and are ready for the myriad of complex challenges they will face,” Burke said. “We are one Navy Team — a

mosaic of America — and our future success is intrinsically linked to our ability to leverage the diverse resources, skills, capabilities, and talents of our people. The strength of our service is our diversity — diversity of thought, of education and background. We need it at every level, in every command, and at every decision table throughout the Fleet and must work every day to build and maintain a workforce that reflects the nation we serve.”

NNOA is an annual leadership, professional development and training symposium held in San Diego that brings together junior and senior service members of the Coast Guard, Marine Corps and Navy. NNOA provides the opportunity to network and encourages the development of leaders through “education, experience and personal development.”

As the chief of naval personnel, Burke is responsible for making sure that Sailors are ready for the litany of jobs they will be asked to perform. This includes finding and recruiting talented individuals to serve, executing training pipelines, and implementing policies that remove barriers to having a Navy career and a family.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

For more information, visit <http://www.navy.mil>, www.facebook.com/usnavy, or www.twitter.com/usnavy.

Bethesda Notebook

Treatment for Prostate Cancer

Dr. Sean Kern will present the briefing “Overview of Surgical Treatment for Prostate Cancer” on Aug. 3 from 7 to 8:30 p.m. at Fort Belvoir Community Hospital on the first floor, Oaks Pavilion, Room 332, and it will be video teleconferenced live at Walter Reed National Military Medical Center in the America building, second floor, Room 2525. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Aug. 17 from 1 to 2 p.m., and from 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited to attend. Military identification is required for base access to WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Pre-retirement Seminars

A two-day pre-retirement seminar, open to Walter Reed National Military Medical Center’s Department of Defense GS employees planning to retire within the next five years, is scheduled for Aug. 22-23. Pre-registration is required. Registration forms are available on the National Capital Region, Medical Directorate MD website: <http://www.capmed.mil/>, and on the WRNMMC and Fort Belvoir Community Hospital banners. For more information, contact dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil.

Substance Abuse Symposium

Walter Reed Bethesda’s 1st Substance Abuse Symposium will be Sept. 20 from 7:30 a.m. to 1 p.m. in WRNMMC’s Memorial Auditorium. The symposium, “Promoting Recovery Through Compassionate Care!” is open to everyone interested in learning more about substance abuse and misuse. For registration information, visit the site dha.bethesda.ncr-med.mbx.sud-symposium@mail.mil.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

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Kobelja: 'We Are The Warriors'

Town Hall Focuses On WRNMMC's 'Brand,' JC, Construction

By Bernard S. Little
WRNMMC Command
Communications

A Purple Heart sits on Navy Capt. (Dr.) Mark A. Kobelja's desk, earned by his maternal grandfather during World War II.

"I'm not the first military physician in my family," explained Kobelja during his first town hall as director of Walter Reed National Military Medical Center (WRNMMC) held on July 11.

"My grandfather did a fellowship at Walter Reed in 1942. [He] perished at the Battle of the Bulge while serving as an Army physician. I keep his Purple Heart on my desk as a reminder that we are not just clinicians. We don't just take care of the warriors...we are the warriors."

As warrior clinicians, Kobelja explained it's important for service members assigned to WRNMMC to maintain their competencies and readiness for deployment.

"We have to get at the complexities of health care, and we have to innovate so we can take new techniques and concepts to the battlefield to save lives and bring our sons and daughters home, rehabilitate them and return them to society [as productive individuals]," he continued.

In addition to fielding the nation's expeditionary medical force and providing "high-quality, good outcome health care," WRNMMC educates most of the Department of Defense health-care providers, as well as conducts or sponsors the majority of DOD's clinical research, Kobelja stated. He added all of this makes Walter Reed "more than a historical reference to a brilliant Army physician," but a brand in the making for more than 100 years. That brand connotes "compassion, caring, solace, comfort, help and excellence."

Kobelja said beneficiaries choose to come to WRNMMC not necessarily because they have evaluated the quality of care provided here. "The fact is they assume it. They hear the name and [know] they are going to get high-quality health care," he continued.

But while beneficiaries can assume and expect that high-quality health care at WRNMMC, the staff should remain ever vigilant that "the difference between a successful outcome and injury is very narrow" in the practice of medicine today, Kobelja said. "[Success] requires a professional focus, which is a specialty. If we're going to assert our claim of excellence in health care, we need to [have this focus]," he said.

"Quality requires our attention," Kobelja continued. "We have to get at quality by working very hard at it."



PHOTO BY HARVEY DUZE, WRNMMC COMMAND COMMUNICATIONS

During his first town hall as director of Walter Reed National Military Medical Center on July 11, Navy Capt. (Dr.) Mark A. Kobelja discussed the importance for service members assigned to WRNMMC of maintaining their competencies and readiness for deployment as warrior clinicians.

Kobelja said patients measure the quality of their care at WRNMMC by their experiences with its staff, as well as what they see and hear when they arrive. These "surrogates", including parking, front-desk experiences, timeliness, and staff demeanor, as Kobelja referred to them, will shape the opinions beneficiaries and their families have of WRNMMC, and determine if they make the choice to have WRNMMC as the place where they receive their health care.

"Our patients are going to exercise their choice based on their perceptions on those surrogates and the quality of care [they receive here]," he said.

"Congress, on behalf of the American people, sponsors this expensive endeavor [WRNMMC] because they think it's worth it to have expert expeditionary medical capability ready when the nation calls. It is complex, it's expensive, it's hard to do, but they're convinced this is the best way to do that.

"The Walter Reed brand was built by the tens of thousands of people who came before us, but now we've got the watch. It's our turn, [and] it's truly my privilege to be back working with you," Kobelja added.

He also discussed WRNMMC's upcoming triennial Joint Commission (JC) survey, explaining that while the

medical center prepares and participates in the JC process approximately every three years, "staying focused on the difficult work of high-quality health care in an era of high risk," is an everyday practice at WRNMMC.

Gene Monroe, chief of Joint Commission Readiness at WRNMMC, agreed. He explained that the WRNMMC staff should always be ready to provide safe and high-quality care to patients and their families, and the Joint Commission standards help in accomplishing that. WRNMMC received full JC accreditation in 2012 and 2015.

Also during the town hall, Navy Cmdr. (Dr.) Jason Schroeder, director of clinical services at WRNMMC, discussed ongoing construction projects underway at WRNMMC. He explained that utility upgrade work to enhance information technology and communications distribution, which has resulted in much of the construction along Brown Drive for the past year, is on track to be completed by the end of this calendar year. He added a pedestrian tunnel is scheduled to be built to connect Buildings 9 and 19 during the Medical Center Additions and Alteration (MCAA) construction project.

The MCAA project involves new construction of approximately 540,000 square feet of medical center space within the existing locations of Buildings

2, 4, 6, 7 and 8 resulting in work on base for the next several years. To accommodate those departments affected by the project, a two-story modular facility providing 100,000 square feet of temporary medical and clinical space will be constructed in the G lot. The facility will include 124 large modules, which Schroeder explained will be brought to WRNMMC individually and parked along Perimeter Road until they are needed, and then transported to G Lot along Taylor Road.

The modules are scheduled to begin arriving at WRNMMC this summer and fall. "If everything goes as planned as far as construction, this building will be complete by the end of the calendar year," Schroeder said of the temporary medical facility.

In addition, the H garage, near the bowling alley and Child Development Center, is nearly complete and could be in use within the next couple months, he added.

For more information about construction at WRNMMC, people can visit the website <https://go.usa.gov/xNv4p>, or call 301-400-1934 (24-hour construction hotline).

WRNMMC's town halls are held on the second Tuesday of each month at 7:30 a.m. in Building 10's Clark Auditorium and noon in the Memorial Auditorium.

Proper Sleep Paramount To Good Health

By Mark Oswell and
Kalila Fleming
WRNMMC Command
Communications

Sleep has always been a vital human function that allows our bodies to rest and recharge.

The body needs sleep for physical recovery, balancing hormone levels and filtering “brain waste” or toxic protein metabolites that accumulate during waking hours, according to Army Lt. Col. (Dr.) Scott Williams, service chief for WRNMMC’s sleep clinic.

Unfortunately, in the modern era of cable television, the internet and more demands on our time – the average American isn’t getting enough of sleep.

According to the Centers for Disease Control (CDC) and Prevention’s 2016 Morbidity and Mortality Weekly Report, “More than a third of American adults are not getting enough sleep on a regular basis.”

The CDC and other sleep organizations recommend seven to eight hours of sleep a night for adults while infants, toddlers and children require 8 to 17 hours depending on their age.

The recommended sleep hours are developed by consensus panels of experts in Adult and Pediatric Sleep Medicine every 5 to 10 years, according to Army Lt. Col. (Dr.) Jacob Collen, program director, WRB Sleep Medicine Fellowship and a pulmonary and critical care physician.

While some people don’t get enough



U.S. NAVY ARCHIVE PHOTO BY EDWARD STEICHEN

Sailors sleep on flight deck of the USS Lexington (CV-16).

sleep due to their desire to cram as many activities into a day as they can, others suffer from sleep disorders.

It is estimated that 50 to 70 million Americans chronically suffer from a disorder of sleep and wakefulness, hindering daily functioning and adversely affecting health and longevity, according to the National Institutes of Health’s National Center for Biotechnology Information (NCBI).

Historically medical professionals (doctors and nurses) are noted in the top four professions known for not getting enough sleep.

The two basic types of sleep are rapid eye movement (REM) and non-REM.

According to the NIH’s National Heart, Lung, and Blood Institute (NHLBI), non-REM sleep includes what is commonly known as deep sleep or slow wave sleep. Dreaming typically occurs during REM sleep. Generally, non-REM and REM sleep occur in a regular pattern of three to five cycles each night.

Studies also show that sleep deficiency alters activity in some parts of the brain, according to the NHLI website. If you’re sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior and coping with

change. Sleep deficiency also has been linked to depression, suicide and risk-taking behavior. Lacking proper sleep increases the risk of chronic diseases such as diabetes, stroke, high blood pressure, heart disease, obesity, and poor mental health, as well as early death, according to the NHLBI.

Sleep medicine is a subspecialty that is open to trainees coming from backgrounds in internal medicine; psychiatry; pediatrics; neurology; family medicine; anesthesia; and ears, nose and throat.

Collen noted anyone with sleep related concerns who are outside the realm of expertise of their primary care provider can be referred to a sleep specialist. This includes but is not limited to patients with a concern for obstructive sleep apnea, insomnia, parasomnias, hypersomnias and shift-workers disorder.

“Some patients with insomnia, shift workers disorder and parasomnias may be managed by their primary care physician, but expertise and comfort level will vary,” he continued. “Any adult who requires evaluation for a parasomnia or sleep disordered breathing should see a sleep specialist.”

WRB offers a sleep clinic that is aimed to help beneficiaries “Learn more about

healthy sleep practices, and lifestyle modifications that they can make to improve their sleep,” explained Collen.

“We are the largest sleep disorder center in the Department of Defense,” added Williams. And although there are more than a dozen sleep centers scattered across the DoD, WRB sees 300 to 400 patients a month.

To support quality sleep for all beneficiaries in the region, Williams coordinated with the National Capital Region – Medical Directorate to re-establish the sleep clinic at the Fort Belvoir Community Hospital, which opened in early March. The newly opened clinic now provides FBCH with the ability to conduct sleep studies for patients in Northern Virginia.

“We provide a comprehensive sleep evaluation to include screening for sleep disordered breathing (sleep apnea), insomnia, parasomnias (sleepwalking, etc), hypersomnias (narcolepsy, etc) and circadian rhythm disorders,” continued Williams.

“The number one tip is to make sleep a priority!” exclaimed Collen. “This means having a wind-down period in the evening time, limiting exposure to digital media before bedtime, and prioritizing getting eight hours of sleep per night.”

Top Tips to Improve YOUR Sleep Hygiene

1. Avoid caffeine, nicotine and alcohol 4 hours before bed; they cause sleep disruption.
2. No sleeping pills, they are temporary and lose their effectiveness and make sleeping problems worse over time.
3. Avoid vigorous exercise prior to bedtime.
4. Keep your bedroom environment cool, quiet and dark for better sleeping conditions.
5. Avoid daytime naps. The sleep you obtain during the day diminishes nighttime sleep drive.
6. Establish a relaxing routine before bed to give you time to unwind. A relaxing routine might include reading or listening to soothing music and lowering the lights.
7. Stick to a sleep schedule. As much as possible, go to bed and wake up at the same time each day.



PHOTO BY SHARON HOLLAND

USU medical students use the Triage, Transport and Track (T3) board game to learn about preparing for deployment. The game was developed by faculty members in USU's Department of Military and Emergency Medicine.

Board games offer unique teaching methods for military medical students

By Christopher Austin
USU Public Affairs

Students at the Uniformed Services University of the Health Sciences (USU) are learning the challenges of treating those in harm's way through rolls of the dice.

Educators in USU's Military Contingency Medicine (MCM) program have developed several board games to teach students what to expect when they're deployed, covering topics including managing logistics of medical supplies, supporting troops in the military health system, and even role playing the relations between opposing factions in foreign countries.

"We develop games like this because it's pretty evident these days that your standard day of teaching with a lecture in front of 200 people doesn't really convey the information or get adequate retention from students," said Air Force Col. (Dr.) Tony Kim, assistant professor in the Department of Military and Emergency Medicine (MEM) at USU. "An interactive way of teaching is more ideal. It takes a lot more effort to [create games], but the dividends are much better, because the students are more likely to retain the key points."

Gaming has become so prevalent in educating tomorrow's military health care providers that it was this year's focus of the USU Faculty Senate's annual Education Day.

Kim is currently working with

retired Army Lt. Col. James Schwartz, chief of staff in MEM, on a new game where medical students investigate the origins of an outbreak at their deployed location. It takes inspirations from the family-night standby, Clue. Players have to go around the camp and talk to non-player characters to gather enough information to properly diagnose the problem, all while following proper military procedure.

Boiling down a real-life scenario into a board game that's played during an afternoon is no easy feat. Schwartz previously worked with Army Col. (Dr.) Justin Woodson, former associate professor of MEM at USU, to develop Triage, Transport and Track, a game that has players treating patients and transporting them through a health care system set up in a combat zone. Players have to manage time while ensuring patients are sent to the proper facilities for treatment.

"We probably had three or four iterations before we came out with the final version. It's been about three years since the initial one we did. We roll out something that's developed, but as you do this, students will find things that you didn't think about," Schwartz said.

Woodson pioneered the use of games to teach MCM at USU, seeking to engage with students more than traditional lectures.

See **GAMES**
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Audience Becomes Part of Show During Sexual Assault Prevention Training

Story by Andrew Damstedt
The Journal
Photos by MC2 William Phillips
NSAB Public Affairs

After witnessing a performance of a service member being ostracized and bullied for reporting a sexual assault, audience members were asked to chime in on ways to help the victim.

“Create a distraction,” or “Bring in help,” or “Go up the chain of command,” were some suggestions given.

Then those audience members were asked act out their examples on stage with a performance group, Pure Praxis, who had come to Naval Support Activity Bethesda (NSAB) and Walter Reed Bethesda, to provide sexual assault awareness training.

The scenes unfolded, giving service members a chance to practice personal engagement techniques that could help resolve a real life situation. The performance ended by suggesting statements that could be used to help survivors of sexual assault, such as “I believe you,” or “You’re not alone,” or “You’re stronger than you think you are.”

Pure Praxis, based out of Long Beach, California, has been performing at military bases since 2014 and comes to NSAB annually.

Benji Kaufman, a Pure Praxis actor, said the goal



The professional performance group, Pure Praxis performed at Walter Reed Bethesda July 26. The performance was a sexual assault prevention and response training.

See **TRAINING**
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Wonderland: Alice's Rock & Roll Adventure

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GAMES

From
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Students have really embraced the idea. One game that has received a lot of praise from students is the “Beer” game — a logistics exercise developed by the Michigan Institute of Technology Sloan School of Management, which Woodson adapted to teach medical students the importance of managing their supply of medical provisions in the field.

Many international students preparing to take part in Medical Field Practicum 202, (also known as Operation Bushmaster), USU students also participate in the game. Woodson spoke with Israeli military medical students after they had a chance to take what they learned back to Israel and was surprised to find that their experience with the game had helped them in their duties.

“I asked why, and they explained they went to their unit back home and immediately saw that they had issues with supplies. They reached back to their experience playing the Beer game and realized they needed to build a logistics program in their unit before they could properly take care of their soldiers,” Woodson said. “They figured out how to do that in their own system. That was proof that [the game] worked.”

A longtime fan of tabletop games, Woodson believes they are great tools in teaching students because they teach attitudes for handling unexpected scenarios.

This also applies to Operation Bushmaster. The medical field practicum finds students performing various simulated operations within the fictional country of Pandakar. Woodson expanded the



PHOTO BY SHARON HOLLAND


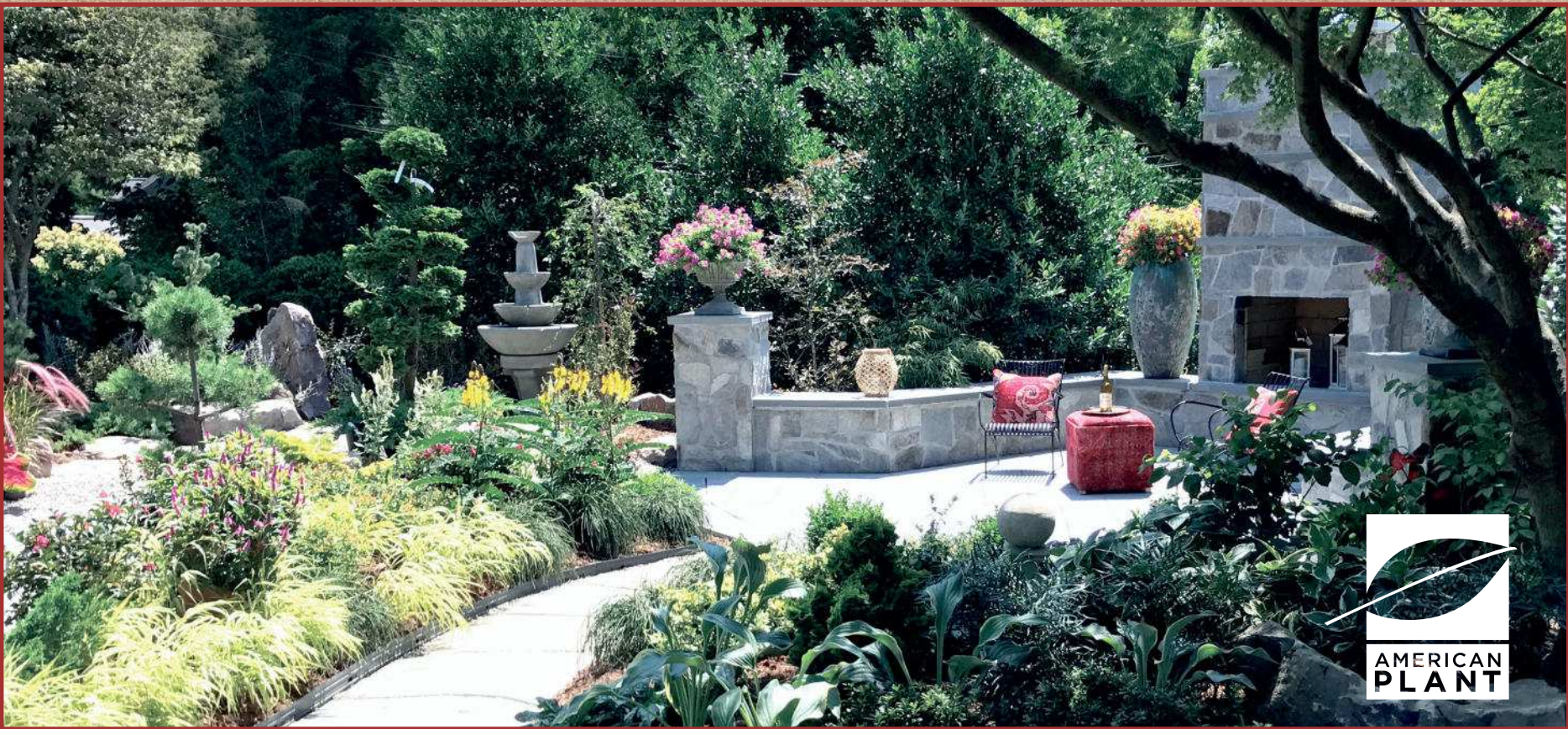
The USU-developed Triage, Transport and Track (T3) board game has student-players treating patients and transporting them through a health care system set up in a combat zone. Players must manage time while ensuring that patients are sent to the proper facilities for treatment.

setting with inspirations from several countries within the Middle East, complete with a variety of possible environments in which the exercises could take place, and various opposing factions with which to interact. He says he actually tapped into his own background participating in tabletop

role playing games to flesh out the Pandakar experience.

These role playing games also emphasize readiness, which is key to making sure USU students are prepared for the unexpected and ready to treat those in harm’s way.

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is to help people recognize situations and give them tools to help stop situations from escalating to violence and encourage support for survivors.

“By bringing service members on stage to actually try out their ideas creates a sense of accountability,” he said. “So when other service members see colleagues on stage being accountable, it builds the accountability within the command.”

Before bringing anyone to the stage, the performance group acted out scenes where one service member, who had reported a sexual assault, was experiencing retaliation by her peers. They also acted out a scene of a male service member struggling to report a sexual assault that happened to him prior to joining the military.

The Department of Defense Sexual Assault Prevention and Response (SAPR) 2016 annual report, www.sapr.mil, outlined ways the DOD worked to eliminate sexual assault from the military.

In 2016, the DOD worked on four key program efforts, according to the report: Advancing sexual assault prevention, assuring a quality response to service members who report sexual assault, improving response to male service members who report sexual assault and combatting retaliation associated with sexual assault reporting.

There were 4,591 unrestricted reports involving service members and 1,995 restricted reports in 2016, according to the 2016 SAPR report, found online at www.sapr.mil.

Service members can report a sexual assault as either unrestricted or restricted. An unrestricted



The professional performance groups, Pure Praxis performed at Walter Reed Bethesda July 26. The performance was a sexual assault prevention and response training.

report notifies the command and law enforcement as well as triggers health care and advocacy services for the victim. A restricted report remains confidential and lets a person access health care and advocacy services without notifying the command or law enforcement.

“We need to have this training because after all the years and effort and energy that our leaders have put forth in helping to eradicate sexual

assault and sexual harassment in our military ranks, after all the efforts and training and energy we put into it; we still are missing the mark,” said NSAB Commanding Officer Capt. Marvin L. Jones.

The SAPR Victim Advocate 24/7 call line is 301-442-8225, and the SARC 24/7 call line is 301-442-2053. The DOD Safe Helpline for confidential victim assistance is 1-877-995-5427 or www.safehelpline.org.

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